

## **General Covid-19 Rules of Competition**

I have been working on sorting out the redundancies in all of the rule sets that we are required to follow and have put together a small list of some of the rules of competition that affect parents and athletes. There are many more rules that affect coaches, clubs, meet directors, and venues but I have opted not to include those rules as I do not want to confuse anyone with unnecessary details. I tried to keep it as basic as possible. If you have any questions, comments, or concerns please do not hesitate to contact me.

USAG meet directors and clubs will be permitted to host sanctioned events this season.

Currently all sports within the state of Ohio are permitted to practice and engage in competition, subject to their full compliance with all provisions of the Ohio Department of Health's director's order.

In addition to complying with the health mandate set forth within the state of Ohio and the current director's order, sports and sports participants shall also comply with any additional health rules for the prevention of Covid-19 from their governing authorities. In the event of a conflict between the order and the rules of the governing authority the sports and sports participants shall comply with the provision that is most restrictive on their activities. All sports participants and spectators must follow state, county both local and visiting, sanctioning body, event, and venue mandates, rules, requirements, and policies.

### **Competition Format**

Through competition we compete in 4 standard gymnastics cup formats

- Traditional cup
- Modified traditional cup
- Capital cup
- Modified capital cup

These cup formats will be altered slightly to adhere to the current Ohio State mandates and director's orders as well as any current county/host/venue requirements that apply to competitive sports.

## **Competition Host/Venue**

It is the responsibility of the meet host and venue

- Ensure that all equipment is properly disinfected after each rotation.
- Provide hand sanitizer at entry/exit of the facility and at each station; require use at entry and before each rotation.
- Ensure that athletes remain socially distanced 6 feet from one another throughout competition.
- Ensure that athletes wear a mask while not actively participating in practice and/or competition.

## **Awards**

Each host/venue will have their own specific rule set in regards to award ceremonies. Each meet will inform clubs of their award ceremony process prior to competition.

## **Coach/Athlete Responsibility**

Athletes will be required to bring their own personal chalk as community chalk is no longer permitted. It is stated that it is the responsibility of the coach to ensure each athlete has their own personal chalk as well as their own personal hand sanitizer for each attending competition.

Athletes are required to bring a bag that will be able to contain all of their personal belongings. It is the coaches responsibility to ensure all personal belongings are distanced 6 ft away from each other.

Athletes are required to bring their own personal water bottle and healthy snack. Be sure your athlete attends the competition with their own personal water bottle as the sharing of water bottles, other drinks, and/or snacks is not permitted.

## **General use of masks/facial coverings within gyms/venues.**

**ALL** coaches, instructors, athletic trainers, administrators, employees, officials, volunteers, and spectators are required by **Ohio State mandate** to wear a mask or facial covering at all times while in practice and/or competition facilities.

- Non-coaching staff must use a mask or facial covering at all times.
- Coaches must use a mask or facial covering at all times unless deemed a hazard during spotting.
- Judges must use facial covering (mask, shield, both) at all times.
- Spectators require the use of masks or facial coverings at all times.
- Athletes are to wear masks or facial coverings while entering the facility. Once arriving at their initial physically-distanced station, the athlete can then remove the mask or facial coverings, place it into a paper/ plastic bag, and keep it isolated with their personal items throughout the competition. The mask or facial coverings should be worn while using other areas of the facility (i.e. bathrooms), and while exiting the facility after competition. Some counties/hosts/venues may require athletes to wear a mask while sidelined.

## **Athlete Check-in**

Athlete check-in will vary meet to meet. It is recommended that athletes check-in directly with their coach rather than grouping and waiting in line to check-in. Each meet will inform clubs of their required check-in process prior to competition.

## **Spectators**

Until further notice, spectators will be permitted at competition. Each venue will have their own rules and policies in regards to how many spectators may attend per athlete. Each meet will inform clubs of the venues policies prior to competition. It is recommended that spectating children, elderly, and those who are vulnerable avoid large gatherings such as competition venues.

## **General Health**

Athletes who have underlying medical conditions, are vulnerable, or have weakened immune systems are permitted to participate in competition with the permission of their parent/guardian. Please inform your coach of your athletes current conditions.

Testing will no longer be required unless an athlete is feverish and/or showing symptoms of Covid-19 either before or after competition.

Temperature screenings will be required at most if not all venues. Athletes displaying a fever or becoming ill during competition will be isolated and promptly escorted into the care of their guardian.

Athletes that are not feeling well during practice or competition are required to report it to their coach immediately.

Athletes that have been in direct contact with a person or persons that have tested positive for Covid-19 are required to refrain from practice and competition for a minimum of 14 days and follow any and all state and local guidelines in regards to testing/tracing/quarantine procedures.

If an APA athlete tests positive for Covid-19, the entire competition team Groups A-C will be required to refrain from practice and competition for 14 days and follow any and all state and local guidelines in regards to testing/tracing/quarantine procedures.

Players, spectators, coaches, athletic trainers, and officials must conduct daily symptom assessments before each practice and/or competition. Any person experiencing symptoms must stay home. According to the CDC, Covid-19 symptoms include, but are not limited to, fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, and diarrhea. This list does not include all possible symptoms. The CDC will continue to update symptoms as they learn more about Covid-19.

There will be no team congregating, huddles, high fives, fist bumps, elbow bumps, hugs, pat on the back, or any other physical contact permitted throughout practice and/or competition. If the situation arises and spotting of athletes is necessary, coaches should utilize proper protective equipment such as masks, gloves, etc. as well as use hand sanitizer before and after each physical encounter.